

**Mental Health and Wellness Resources**



[UP2SD.org](http://UP2SD.org)



Dial 2-1-1

*Courage to Call*

[www.courage2call.org](http://www.courage2call.org)

**MAKE THE CONNECTION**

[www.maketheconnection.net](http://www.maketheconnection.net)



**WARRIOR'S REST  
FOUNDATION**

*(405) 286-2259*

[warriorsrestfoundation.org](http://warriorsrestfoundation.org)



**Veterans  
Crisis Line**

1-800-273-8255 **PRESS 1**

**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE™**

**1-800-273-TALK**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)